



26 August 2009

## USFK Annual Influenza Prevention Program

1. Protect yourself and your loved ones. It's important that every USFK Soldier, Sailor, Airman, Marine, Healthcare Provider, DoD Civilian, and Family Member - including children, and military retirees - receive their annual influenza or "flu" vaccination to protect against this seasonal health threat. Active Duty Service Members shall receive their annual flu vaccination by **16 October 2009**. This requirement pertains to the regular, seasonal flu vaccine, not the H1N1 vaccine. We are working to have the H1N1 vaccine available later this year.

2. A person infected with influenza spreads the virus primarily through coughing and sneezing. An ill person may infect others beginning one day before their flu symptoms develop, and up to 1-2 days after they no longer have a fever. Infected children spread more viruses over a longer period of time. Two effective and safe vaccine types are being used within USFK to protect against influenza and its complications: an injectable vaccine (Fluzone) and a nasal spray vaccine (FluMist). Both vaccines are highly effective in preventing seasonal influenza. The success of the program is multiplied when most of the population is vaccinated.

3. Children younger than 2 years old, people aged 65 years and older, people of any age with chronic medical conditions or seriously compromised immune systems, and pregnant women are more likely than others to develop severe complications from influenza. Therefore, it is especially important that these individuals are immunized this year and every year.

4. The single best method to prevent the flu is to be vaccinated each year. I also encourage you to use these simple methods to slow the spread of viruses: frequently **clean your hands with soap and water** to help protect yourself from germs; **avoid close contact with anyone who is sick** and **if you are sick, avoid contact with others**; when coughing or sneezing, **cover your mouth and nose by coughing into your sleeve**; and **avoid touching your eyes, nose or mouth** to limit exposure to germs. Additional information may be found at <http://www.cdc.gov> and <http://chppm-www.apgea.army.mil>.

5. I am committed to the USFK Annual Influenza Prevention Program. The threat of influenza affecting USFK readiness and the health of our Service Members and Families is very real. We must be prepared to prevent the effects of this seasonal threat. Notifications regarding immunization locations and times will be published through command information channels.

6. While compliance with this program is mandatory for all uniformed service members, all other persons are highly encouraged to be vaccinated. Commanders and leaders at all levels will make every effort to assist other eligible persons to be immunized against seasonal flu.

7. We Go Together!

*Walter L. Sharp*  
WALTER L. SHARP  
General, US Army  
Commander

**FREEDOM'S FRONTIER!**